

CHOPRA CENTER COACHING – FAQs

What's the difference between working with a Chopra Center coach and other life or career coaches?

Chopra Center coaches are trained in a unique, proprietary curriculum that combines the best evidence-based practices in coaching with Deepak Chopra's teachings. They are the only coaches in the world trained in this effective methodology.

A Chopra Center coach will start by helping you get clarity about who you are, why you're here, and what's most important to you. From there, you will set goals that are in alignment with what you really want, so you experience a deeper level of personal satisfaction as you achieve them—with ease!

What's the difference between working with a coach and a therapist?

One key difference is that coaching is forward-looking – so you'll examine what's working (or not working) in your life right now and make immediate changes to support a more fulfilling future. During coaching you may still reflect on events from your past, but it will be done in the context of how those events are showing up in your present day life and influencing your future.

How does the Chopra Center choose its coaches? What training do Chopra Center coaches have?

Before our coaches are hand-selected and intensely trained for 4 months in our proprietary curriculum, they already have an average of 10 years' experience running thriving coaching practices guiding people to new levels of clarity and results. In addition, Chopra Center coaches receive ongoing training and are exposed to the latest Deepak Chopra teachings.

What are some things I might work on with my Chopra Center coach?

From finding more satisfying work opportunities, to strengthening your relationships, to creating vibrant health, to managing stress, to making a unique and meaningful contribution to the world, to expressing yourself creatively, to attracting abundance, to being authentically who you are, and so much more – Chopra Center coaches can help you achieve new levels of clarity in results in all aspects of life. Areas of specialty include but are not limited to:

- Ayurveda
- Business
- Career Transitions
- Empty Nest
- Entrepreneurship
- Finances
- Health & Wellness
- Intuitive Energy Work
- LGBTQ Issues
- Life Transitions
- Meditation
- Reiki
- Relationships
- Shadow Work
- Spirituality
- Stress
- Weight & Body Image
- Yoga

[Click here to schedule your free Discovery Consultation with a Chopra Center coaching consultant!](#)

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How do I get started?

We recommend that you schedule a free, no-obligation Discovery Consultation with a Chopra Center coaching consultant. During your Discovery Consultation you and your Chopra Center coaching consultant will:

- Create a vision for what you want to see manifest in your life
- Make sure those intentions are not just focused on external results but are also anchored to your deeper “why”
- Identify the underlying, unconscious beliefs that have been holding you back from realizing those goals
- Determine if now is the right moment for you to begin working with a Chopra Center coach and which coaching package is right for you, so you can begin the soul-satisfying work of challenging those old beliefs and create lasting, meaningful changes in your life.

How am I matched with a coach?

You'll be carefully matched to the Chopra Center coach who will best serve your individual needs through our proprietary matching process that includes an intake process where share what you're looking for in a coach.

How do consultations with a Chopra Center coach work?

All Chopra Center coaching packages start with a 90-minute coaching consultation to establish the foundation for your coaching relationship and begin the process of aligning your coaching goals with your life purpose.

All remaining coaching consultations are 45 minutes. Before each consultation, you will fill out a prep form so that your coach is aware of any immediate issues you want to address while also holding space for the big-picture vision you want to create.

How do I meet with my Chopra Center coach?

Chopra Center coaches are trained to expertly conduct coaching consultations via LIVE video conferencing so you not only hear your coach but also experience a face-to-face connection. Utilizing video conferencing means geography is never a factor, and we're able to select the very best coach for you no matter where you are in the world. It also means you save time driving to and from appointments so you can focus on what really matters.

How often do we meet?

We offer a variety of coaching packages to fit your needs, and you choose the one that works best for you. Your Chopra Center coaching consultant will go over all your options during your free, no-obligation Discovery Consultation.

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